



3 NUTRITION SERVICES

Effective: 12/1/95

3.18 Nutrition Risk Determination: Dietary Intake of Infants

Revised 6/16/05

POLICY: A diet assessment is required for the certification of infants. A 24-hour food record and standardized eating practices questions (i.e., pages 3 and 4 of the Infant Questionnaire; see the attachment in policy 3.20) are the tools used to assess dietary information and determine dietary risk factors. Assessment of the eating practices questions is required for all infants. Assessment of the 24-hour food record is required only if the infant has no anthropometric, hematological, clinical/health/medical, or dietary practices risk factor.

PROCEDURE:

A. ACCURACY OF THE DIETARY INFORMATION

1. Briefly review the 24-hour food record and the responses to the dietary practices questions (pages 3 and 4 of the Questionnaire). Clarify responses as needed with the caregiver.

B. ASSESSMENT OF DIETARY PRACTICES

1. Compare the responses to the dietary practices questions (on page 3, after the 24-hour food record, and page 4) to the dietary risk criteria and assign risk(s) as appropriate.

C. ASSESSMENT OF THE 24-HOUR RECALL

If the applicant has no hematological, anthropometric, clinical/health/medical, or dietary practices risk factor, assess the 24-hour food record:

1. Review the answer to question #1 ("Is this the way your baby eats most of the time?") that is printed below the 24-hour food record on the Infant Questionnaire. If the answer to question #1 is "no," ask what is typical; make corrections directly on the 24-hour food record, and initial these changes.
2. Review the food record for times, portion sizes, ingredients of mixed dishes, methods of preparation, snacks, beverages, and condiments (e.g., gravy, butter/margarine, jelly, salad dressings). Make any necessary corrections and initial these changes.
3. Use the Daily Food Suggestions for Infants (see Attachment) to see if the infant's intake varies substantially from recommendations. Because of the variations in intake during infant, the CPA will need to use professional judgment to determine if the intake represents a problem that justifies WIC certification. Record results of the assessment in the appropriate spaces below the food record.



NOTES:

Available resources:

- * USDA: Infant Nutrition and Feeding: A Reference Handbook for Nutrition and Health Counselors in the WIC and CSF Programs, 1993 (distributed to local agencies by the Regional Office Nutrition Consultants in 1994).

ATTACHMENTS:

- * Daily Food Suggestions for Infants